

# the Kingsport Senior Center News



Friday,  
October 30,  
2015

Cafeteria

1:00pm-2:30pm

Free

## Halloween Party 2015

You do not want to miss out on this years Halloween Party. We will have music, dancing, games and fun Halloween food to eat. We want to see you dressed up so don't forget to wear your best costume for the costume contest. Prizes will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place. Sign up begins on October 5<sup>th</sup>.

### Save the Date: Mark Your Calendars

Veteran's Day  
Celebration.  
Wednesday,  
November 11, 2015



Thanksgiving  
Lunch: Tuesday,  
November 24, 2015  
11:30am (see pg. 8  
for details)



**Kingsport Senior Center Staff**

- **Director-** Shirley Buchanan  
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392-8403
- **Branch Coordinator-** Michelle Tolbert  
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343-9713
- **Nutrition Site Manager-**  
Sutonia Sizemore  
246-8060

## Center News

**The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments and questions from members.**

## Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

## Membership Dues

For Fiscal year: July 1, 2015-June 30, 2016

\$15- Kingsport Residents

\$35- Sullivan County Residents

\$60- Out-of-County Residents

## Location and Hours of Operation

**Main Site: Renaissance Building: (423) 392-8400**

1200 E. Center Street

Kingsport, TN 37660

**Hours of Operation:**

Monday-Friday 8:00am-7:00pm; Saturday 9:00am-Noon

[www.kptseniors.net](http://www.kptseniors.net)

**Lynn View Branch Site: (423) 765-9047**

257 Walker Street

Kingsport, TN 37665

**Hours of Operation:**

Monday-Friday 9:00am-2:00pm

**\*The exercise room and computer lab will close 15 minutes prior to the closing of the Center.**



# WELLNESS

## Seminars

**Flu Prevention:** Heather Gwinn, RN, BSN, BSPH with Greystone Healthcare Center will be at the Center on Tuesday, October 6, 2015 at 10:30am in the Card Room. Topic of discussion will be "Flu Prevention": This seminar will discuss how easily the flu spreads from person to person. Prevention is key to maintaining a healthy environment during flu season. We would love to have you join Greystone in a wellness seminar informing you of the simple steps you can take to help keep yourself and your family healthy this flu season. This is an event you will not want to miss, so mark your calendar and plan to attend!

**Medicare Plan for 2016:** Andrew Price and Mackie Financial Group will be at the Center on Tuesday, October 13, 2015 at 12:30pm in the Card Room. Topic of discussion will be "Medicare Plan and How It's Changing from 2016.": This seminar will provide you with valuable information about the up coming changes to Medicare for 2016 that you need to know. This will be a good time to get your questions answered by local agent that represents most of the plans in East Tennessee and Southwest Virginia. No plan specifics or information will be available this is an educational event you will not want to miss, so mark your calendar and plan to attend!

**Are You Taking Too Many Meds?:** Dr. Josh Brintle with ETSU Family Physicians of Kingsport will be at the Center on Tuesday, November 10, 2015 at 10:30am in the Card Room. Topic of discussion will be "Are You Taking Too Many Meds?": This seminar will discuss the risks and benefits of medications in the older adult population, and what can the patient do about wanting to take fewer medications. This is an event you will not want to miss, so mark your calendar and plan to attend!

**Essential Tremors:** Dr. Katie Croteau with ETSU Family Physicians of Kingsport will be at the Center on Tuesday, November 17, 2015 at 10:30am in the Card Room. Topic of discussion will be "Essential Tremors": This seminar will discuss the causes, symptoms and treatments of essential tremors. This is an event you will not want to miss!

## Bowling For Turkeys

Come joins us for a day of fun, bowling at Warpath Lanes on Monday, November 23, 2015 at 12:30pm. Remember you don't have to be an everyday bowler to participate in this tournament, because everyone bowls with two hands on the bowling ball between their legs. We need a minimum of 12 players to sign up for tournament to be held. Cost of each game is \$2.30 and shoes are \$2.25 payable at Warpath Lanes. You will bowl three games with highest scores awarded 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place only. Sign up starts Wednesday, October 21, 2015.

## Stepping On

Stepping On is a program that has been researched and proven to reduce falls in older people. It consists of a workshop that meets for 2 hours a week for 7 weeks. Workshops are led by health professional and a peer leader- someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications. **Topics include:** \*Simple yet fun balance and strength training \*The role vision plays in keeping your balance \*How medications can contribute to falls \*Ways to keep from falling when out in your community \*What to look for in safe footwear \*How to eliminate fall hazards from your home. **Is this workshop for you?** Stepping on is designed for anyone who: \*Is 65 or has had a fall in the past year \* Is fearful of falling \*Does not have dementia \*Who lives at home. **Did you know?** \*More than 1/3 of people age 65 or older fall each year. \*Falls are the leading cause of injury and hospitalization for trauma and death among older adults \*35% of people who fall become less active \*40% of people who enter a nursing home had a fall in the prior 30 days. This workshop is every **Tuesday, 1:00pm-3:00pm, October 20, 27, November 3, 10, 17, December 1, and 8, 2015** in the Card Room. Stop by the office to sign up or call 392-8400, there is a limit of 16 seats available. The workshop is sponsored by Holston Valley Medical Center, Acute Care Surgery Services/ Trauma.

## Flu Vaccine Clinic

Flu Vaccine Clinic: Ingles Pharmacy will be offering a Flu Vaccine Clinic on Thursday, October 22, 2015 from 10:00am to 12:00noon in the hallway Billiards Room side. Medicare part B and TNCARE are going to cover the influenza vaccine this year at no charge to the patient. Without any insurance the current retail prices of the vaccine is \$25.99. Personal checks (only) will be accepted as payment with proper ID. You must bring in your insurance card (Medicare, etc.) so that we may record the information and bill accordingly. Ingles will also verify patient medical/immunization history, provide information on all vaccine types, give the patient an immunization card for their reference, and provide the immunization information to the client's primary care physician. Sign up in the office, walk-ins are welcomed.

## Escape a Deadly Duo

The Reaper is running a two-for-one deal: Having high blood sugar can signal diabetes and raise your odds of pancreatic cancers, according to researchers in Taiwan. Each 10-point increment of 100 mg/dl fasting glucose was linked to a 14 percent higher risk of pancreatic cancer. Blame the tumor's sweet tooth: Cancer cells rely on glucose for growth, says study author Wei-Chih Liao, M.D., PhD. If you can't remember when you last had your blood sugar checked, see your doctor ASAP.

# Daily Activities and Classes at the Center

## Monday:

- Silver Sneakers Classic: 8:15am – Gym
- Basic Tai-Chi: 8:30am- Room 310 (Starts Sept 14)
- Open Woodshop: 8:30am-3:00pm- Woodshop
- Massage Therapy: 9:00am- 3:00pm- Multipurpose Room (appointment only)
- Quilting: 9:00am- Room 303
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobic: 9:15am – Gym
- Camera Club – [www.scphotogroup.com](http://www.scphotogroup.com)
- Happy Day Singers: 9:45am
- Clay, Intermediate: 10:00am- Clay room
- Strength Training: 10:15am- Gym
- Beginning Line Dancing- 11:30am- Gym
- Intermediate Line Dancing- 12:45pm- Gym
- Knitting: 1:00pm- Room 303
- Mahjong: 2:00pm- Card Room
- Table Tennis: 2:00pm- Gym
- Volleyball: 4:00pm- Gym

## Tuesday:

- Massage Therapy: 9:00am-3:00pm- Multipurpose Room (Appointment Only)
- Lap Swimming- 8:00am- Aquatics Center
- Zumba Fitness: 8:15am- Gym
- Open Woodshop- 8:30am- Woodshop
- Mini Cardio: 8:45am- Gym
- Ceramics: 9:00am- Ceramics room
- Strength Training: 9:30am- Gym
- Basket Weaving: 9:00am- Room 303
- Renaissance Strings: 10:00am- Atrium
- Sing Along: 10:15am- Cafeteria
- Exercise for Everybody- 10:30am- gym
- Beginner Dulcimer: 11:00am- Atrium
- Shuffleboard: 1:00pm- Ceramics Hallway
- Pickleball: 1:00pm- Gym
- Basketball: 4:00pm- Gym

## Wednesday

- SilverSneakers Classic: 8:15am- Gym
- Tai- Chi: 8:30am- Room 310
- Open Woodshop: 8:30am- Woodshop
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobics: 9:15am- Gym
- Clay, Intermediate: 10:00am- Clay Room
- Strength Training: 10:15am- Gym
- Intermediate Clogging: 11:15am- Room 302
- Hand & Foot Card Game: 12:30pm- Card Room
- Belly Dancing: 1:00pm- Room 302
- Table Tennis: 1:00pm- Gym
- Basketball: 4:00pm-Gym

## Thursday:

- Zumba Fitness: 8:15am- Gym
- Mini Cardio: 8:45am- Gym
- Lap Swimming: 8:00am- Aquatics Center
- Bingo: 9:00am-Cafeteria
- Ceramics: 9:00am- Ceramics Room
- Woodcarving: 9:00am- Room 303
- Strength Training: 9:30am- Gym
- Beginning Clogging: 10:00am- Room 302
- Exercise for Everyone: 10:30am- Gym
- Intermediate Dulcimer: 11:00am- Atrium
- Volleyball Lessons- 11:30am- Gym
- Core and Posture Beginning Belly Dance: 11:30am-Room 302
- Jam Session: 12:30pm- Cafeteria
- Volleyball: 1:00pm- Gym
- Shuffleboard: 1:00pm- Ceramics Hallway
- Piano Lessons: 2:00pm- Multipurpose Room
- Cornhole: 4:00pm- Gym

## Friday:

- SilverSneakers Classic: 8:15am- Gym
- Lap Swimming: 8:00am- Aquatics Center
- Genealogy Club: 9:00am- Computer Lab
- High Impact Aerobics: 9:15am- Gym
- Strength Training: 10:15am- Gym
- Pickleball: 1:00pm- Gym
- Bridge Group: 1:00pm- Atrium
- Basketball- 4:00pm-Gym

## Saturday:

- Basketball: 9:00am- Gym
- Table Tennis: 10:30am- Gym
- Exercise Room: 9:00am-12Noon
- Computer Lab: 9:00am- 12Noon



# Travel and Special Events

**Cake Decorating with Buttercream-** Monday, October 5, 12, 19 and 26th- Card Room- Cost is \$20.00 for 3 sessions paid to instructor Donna Chmielnik- Supply list available at sign-up. Sign up now.

**Flexibility Class-** Monday's October 5, 19, 26, November 2, 9, and 16<sup>th</sup>- Room 302- 1:00pm- 2:00pm- Free- Haley from ETSU will be teaching a class on improving your flexibility- You will not want to miss this class so sign up now!

**Group Wedding Dances You Should Know-** Have you ever been to a wedding and didn't know any of the group dances? Here is your chance to learn. Haley from ETSU will be teaching "Group Wedding Dances You Should Know"- This class will be held on Monday's (Oct 5, 19, 26, November 2, 9, 16<sup>th</sup>) from 2:00pm-3:00pm in room 302- This class is free. The dances you will learn are: Electric Slide, Cupid Shuffle, Wobble, Cha-Cha Slide, Nae Nae, and the Wop- You will not want to miss this class so be sure to sign up now!

**Cake Decorating with Fondant-** Wednesday, October 7, 14, 21 and 28th- Lounge- Cost is \$20.00 for 4 sessions paid to instructor Donna Chmielnik. Supply list available at sign up. Sign up now.

**Bob Ross Style Painting-** Wednesday, October 21, 2015- Room 303- 10:00am-2:00pm- Cost is \$50.00 paid to instructor Jay Holiday- See example in the display case billiards side- Bring your lunch- Supplies provided. Sign up now.

**Beginning Drawing-** Friday, October 30, 2015- Room 303- 1:00pm-4:00pm- Cost is \$20.00 paid to instructor Anne Thwaites- Learn the basics of how to draw- Supply list available at sign up. Sign up begins October 5th.

**Potluck at Lynn View-** Tuesday, October 27, 2015- Lynn View- 11:30am-12:30pm- Cost: Bring a side dish to share- We will provide the meat- Sign up now

**Flower Arranging Class: Halloween Style-** Thursday, October 8, 2015-Card Room- 10:30am- 11:30am- Cost: \$10.00 paid to instructor Susan Valentine- Bring scissors and green container if you have it. Sign up now.

**Crochet-Plastic Hat Class** will be held on Wednesday, October 28, 2015 at Lynn View Community Center from 12:30pm-1:30pm. Instructor: Elizabeth Anderson will teach you how to make a rain hat using plastic grocery bags. You will need to bring 7 plastic bags (your choice of color) and a large crochet needle. Class is free so sign up now.

**Medicare Part D- Open Enrollment Event** will be held on Wednesday, November 4 and Wednesday, November 18, 2015 from 9:00am-11:00am in the Computer Lab- This is free so sign up now!

**Veteran's Day Celebration** will be held on Tuesday, November 10, 2015 at Lynn View Community Center from 12:00noon-1:30pm. Please sign up by November 5<sup>th</sup> by calling 765-9047.

**Veteran's Day Party** will be held on Wednesday, November 11, 2015 from 1:00pm-2:30pm in the cafeteria. We will be having entertainment and refreshments. We want to thank all our Veteran's who have served and continue to serve to give us the freedoms that we have today. Sign up now.

**How to Set-up a Facebook and Email Account** will be held every Tuesday and Thursday in October in the Computer Lab from 10:30am-1:30pm. Travis will be available in the Computer Lab each Tuesday and Thursday to help participants set up a Facebook or email account- Sign up now.



We are looking to start a Hiking Club at the Kingsport Senior Center. If you are interested please meet in the Card Room on Wednesday, October 14, 2015 at 10:00am.

## Travel and Special Events

### **Helen, GA and Country Living Fair with shopping**

We still have a few spots available for the Country Living Fair trip. You will depart the Senior Center on Thursday, October 22 at 8:00am and return on Saturday, October 24 around 7:00pm. The cost for the trip is \$205.00 (double occupancy) which includes your room, transportation and tickets. You will have lunch and dinner on your own with breakfast included at the hotel. You will visit the Sugarloaf Mills Mall (19 miles from the hotel) on October 22. On Friday, October 23 you will attend the Country Living Fair in Stone Mountain, GA. Finally on Saturday, October 24 you will head to the Bavarian Town in Helen, GA before coming back home. You do not want to miss this trip so sign up now!

### **Barter Theater Presents: "Miracle on 34<sup>th</sup> Street"**

Wednesday, November 25, 2015  
Abingdon, VA  
10:30am-6:00pm

Cost: \$30.00 for transportation and ticket

Lunch will be on your own at Ruby Tuesday before the show.

A favorite holiday tale by Valentine Davies, made famous by the movie of the same name. Kris Kringle fills in for Santa Claus in the Macy's Thanksgiving Day parade, and proves to be such a hit that he is soon appearing regularly at the store on 34th Street. When Kringle surprises customers and employees by claiming he is the real Santa Claus, he is forced to go on trial to defend his sanity. Will he be able to prove to the world that Santa really exists? Come rediscover your own childhood - and restore your faith in miracles - in this fun-filled musical classic for the whole family.

**Sign up begins October 2**

### **Wohlfahrt Haus: "A Wohlfahrt Haus Christmas"**

Friday, November 20, 2015  
Wytheville, VA  
9:45am-6:00pm  
Cost: \$45.00 all-inclusive

Enjoy a delicious Holiday feast before you are completely emerged in the Christmas season.

Our Holiday Spectacular is stuffed with all the Christmas songs you know and love as well as dazzling dance numbers and beautiful costumes. This fun-filled Holiday production also features a breath-taking Nativity, which is sure to put the whole family in the Christmas Spirit. Don't miss Virginia's favorite Christmas tradition.

**Sign up begins October 2**

### **OTLB: Ole Barn Restaurant and Christmas Tree Farm**

Friday, December 11, 2015  
Johnson City, TN  
10:30am-2:30pm  
Cost: \$20.00 per person

Price includes \$15.00 for meal and \$5.00 for transportation. This is a family style meal that includes the following: Fried Chicken, Country Style Steak and Gravy, Mashed Potatoes, Green Beans, Cole Slaw, and Soup Beans.



Desserts included are: Banana Pudding and Holy Cow Cake. Meal comes with bread, coffee, tea or soda. This is also the largest Christmas Tree Farm in TN and members can walk around the farm.

**Sign up begins October 2**

## Your Page

### From the Dancing Corner

#### The October Dance, sponsored by Friends of the Kingsport Senior Center

This dance will feature crowd favorite LIMITED EDITION band on Friday evening, October 9, 2015. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person.

Limited Edition has performed for audiences of all ages for over 30 years. Bruce Rush sings and plays the keyboard while Bink Rush plays guitar and occasional banjo.

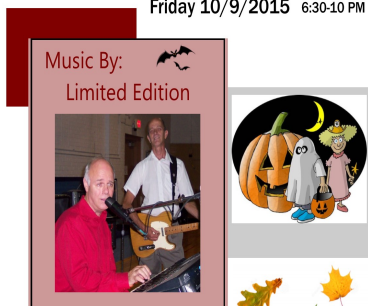
Using the latest digital audio and synthesizer technology, the band plays a large variety of styles to suit very diverse musical tastes and dance genres. Their motto is "Something for Everyone". Although the music is especially selected for dancing, Limited Edition recognizes that a dance is primarily a social event. With that in mind, the PA system and amps are set to create a full sound for dancing, while, at the same time, adjusted to a comfortable volume to allow people to hear and carry on a conversation throughout the venue.

Limited Edition believes the most important part of any dance or social event is THE AUDIENCE. It is YOUR PARTY!!

Friends of the Kingsport Senior Center presents

### October Dance

Friday 10/9/2015 6:30-10 PM



Renaissance Center  
1200 E. Center St.  
Kingsport, TN

\$5/person  
Contact: 423 288-2668

### Massage Therapy

Mondays and Tuesdays

9:00am-3:00pm

Call Barbara Keesecker at 423-735-7475  
to set up your 30-minute appointment

Cost: \$20.00

### Kingsport Senior Center Advisory Council Members

Bruce Shine (Chairman)

Brenda Cunningham

Norma Livesay

Lester Pridemore

Carol Woodard

Pat Breeding

Jean Chang

Carmen Moix

Frances Cottrell

Mary Porter

Sherri Mosley



**Biscuits and Bingo at Lynn View  
Cafeteria will be held on Thursday,  
October 8, 2015 from 10:30am-11:30am  
and is sponsored by Legacy HomeCare.  
This is a free event you will no want to  
miss. Sign up by calling Lynn View  
Branch Site (Monday-Friday 9:00am-  
2:00pm) at 765-9047**

Please come by the front office to fill  
out our annual Kingsport Senior  
Center survey. Your input is greatly  
appreciated.

## News to Use

We are taking donations for the animal shelter. If you have blankets, food, toys, bedding, etc. please bring them by the front office. Thank you.

### **AARP Smart Driver Class**

Wednesday, October 7 & Thursday,  
October 8, 2015

Room 230

9:00am-1:00pm

Cost: \$15.00 for members and \$20.00 for  
non-members

**Sign up now**

### **Thanksgiving Lunch**

Tuesday, November 24, 2015  
Gym

11:30am-1:00pm

Cost: Bring a side dish to share

Sign up begins October 26<sup>th</sup>.



## **Recipe of the Month**

### **Sausage & Tortellini Soup**

Ingredients:

- 2 14 1/2 - ounce cans Italian-style stewed tomatoes
- 3 cups water
- 2 cups loose-pack frozen cut green beans or Italian-style green beans
- 1 10 1/2 - ounce can condensed French onion soup
- 8 ounces fully cooked smoked turkey sausage, halved lengthwise and cut into 1/2-inch slices
- 2 cups packaged shredded cabbage with carrot (coleslaw mix)
- 1 9 - ounce package refrigerated cheese-filled tortellini
- Shaved or shredded Parmesan cheese

Directions:

In a 4- or 5-quart slow cooker combine undrained tomatoes, water, frozen green beans, onion soup, and turkey sausage.

Cover; cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. If using low-heat setting, turn slow cooker to high-heat setting. Stir cabbage and tortellini into soup. Cover; cook for 15 minutes more.

Garnish soup with shavings of Parmesan cheese or shredded Parmesan cheese. Makes 10 to 12 servings.



### **Computer Classes**

Internet Security: Wednesday, October 21 from 9:00am-11:30am. Learn how to protect your computer and identity. Cost: \$10.00

**Wood Burning Key Fob**- Wednesday, October 21, 2015- Room 303- 9:00am-12Noon- Must bring your wood burner and all other supplies are provided- You will be making a fish using your wood burning tool- Cost is \$20.00 paid to instructor Sharon Chase day of class- Sign up now. Example is in display case billiards side hallway.

**Pumpkin Painting Class**- Wednesday, October 28, 2015- Room 303- 9:00am-12noon- Must bring paint brushes and water container and all other supplies will be provided- Cost is \$25.00 paid to instructor Sharon Chase day of class- Sign up now. Example is in display case billiards side hallway.



### **Benefits of Meditation with Lee Stone**

Lee began his private counseling practice in 1990. He is nationally certified in Neuro-Linguistic Programming Psychotherapy and Clinical Hypnotherapy. Come and learn how to meditate and all the health benefits it has to offer.

Located in room 306 on Tuesday and Thursday at 9:30am.

Contact the front office for more information.

### **Manicures**

Dobyns-Bennett cosmetology students will be at the center on Tuesday, October 6, 2015 to do manicures. Sign up now.

### **Library Book Day**

No Library Book day until further notice.

\*\*We are missing some library books that were checked out or mistakenly picked up and thought the books were free during library book day. The Senior Center is being charged \$821.70 for these books. If you have any of the books please return them to the Kingsport Senior Center office as soon as possible. Thank you.

### **Karaoke**

Tuesday, October 20, 2015  
4:00pm-6:30pm in the cafeteria

## **SMILE: Volunteers Wanted**

Attend SMILE meeting-  
Thursday, October 8 at 2:00pm  
in room 239.

Come and find out about all of our wonderful volunteer opportunities. Contact Michelle at 392-8404 for more information.



# Fall Classes 2015

Classes begin week of August 31, 2015 through week of November 16, 2015 unless otherwise noted.

## Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi impact aerobics

## Basic Tai-Chi

- Monday
- Time: 8:30am
- Location: Room 310

This will be led by Pastor Richard. He has practiced tai-chi since 1958 and will teach participants the basics/beginnings of tai-chi. Walk-ins welcome

## Ballroom Video Class

- Tuesday
- Time: 4:30pm-6:00pm
- Room 302
- No instructor, practice on your own

## Basket Weaving

- Tuesday
- Time: 9:00am-12:30pm
- Room 303
- Instructor: Lynne Bowers

## Core & Posture Belly Dance for Beginners (women only)-

- Thursdays
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

## Belly Dancing- (Women Only) Wednesday

- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your core and abdominals.

## Camera Club

Please visit website for meeting times. Instructor: Claude Kelly  
Website:  
[www.scphotogroup.com](http://www.scphotogroup.com)

## Ceramics

- Tuesday and Thursday
- Time: 9:00am-11:00am
- Location: Ceramic Room
- Instructor: Mary Lamson
- **Please remember your \$15 annual firing fee**

## Clay (Beginning Hand-Building)

- Monday- August 31- November 16.
- Sign up starts August 17
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00 firing fee.
- Limit 16 people
- Pay at signup, no refunds

## Clay (Intermediate Hand Building)

- Wednesday- September 2- November 18.
- Sign up starts August 17.
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00 firing fee
- Limit 16 people
- Pre-requisite must have taken beginning hand building

## Clogging (Beginning)

- Thursday
- Time: 10:00-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

## Clogging (Intermediate) Will begin August 19.

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

## Dulcimer (Beginners)

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Appalachian/Lap dulcimer book: Cost: \$9.99.  
Supply list available at signup

## Intermediate Dulcimer

- Thursday
- Time: 11:00am
- Location: Atrium
- Instructor: Mark Farmer

## Exercise for Everybody

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

# Fall Classes 2015

## Happy Day Singers

- Monday
- Time: 9:45am
- Inspirational signing at nursing homes

Any member wanting to participate needs to meet outside the Senior Center office each Monday at 9:00am. We travel by bus to the location where we are scheduled to sing.

## Jam Session

**\*Jam Session will not meet until further notice.**

**\*We are looking for someone to run the Jam Session. If you know of anyone willing to conduct Jam Session every Thursday at 12:30pm please let us know in the front office.**

## Karaoke

- 3<sup>rd</sup> Tuesday each month
- Time: 4:00pm
- Location: Cafeteria
- Bring a snack
- Facilitated by: Gary Coates

## Knitting Class

- Monday
- Time: 1:00-3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

## Lap Swimming

- Monday-Friday
- Time: 8:00am-11:00am
- Location: Aquatics Center
- No instructor, Lap swimming
- Locker room and warm water pool available for use.

## Mahjong

- Monday
  - Time: 2:00pm
  - Location: Card Room
  - Instructor: Jean Chang
- Beginners to advanced player's welcome.

## Mini Cardio

- Tuesday & Thursday
- Time: 8:45am-9:15am
- Room: 302
- Instructor: Roger Hixon

## Piano Lessons

- Thursday
- Time: 2:00pm-7:00pm
- Room: Multipurpose Room
- Instructor: Freda Karsnak
- Fee: \$15.00 paid to instructor
- Call to schedule appointment: 292-2711

## Quilting

- Monday
- Time: 9:00am-10:30am
- Location: Room 303
- Instructor: John Plutchak

## Renaissance Strings

- Tuesday
- Time: 10:00am-11:00am
- Location: Atrium
- Instructor: Mark Farmer

## Rook

- Tuesday
- 4:00pm
- Location: Card Room
- Bring snack to share

## SilverSneakers Classic

- Monday, Wednesday, Friday
- Time: 8:15am-9:00am
- Location: Gym
- Low Impact Aerobics
- Instructor: Terri Bowling

## Strength Training

- Monday, Wednesday, Friday
- Time: 10:15am-11:00am
- Location: Gym
- Instructor: Terri Farthing

## Strength Training

- Tuesday & Thursday
- Time: 9:30am-10:30am
- Location: Gym
- Instructor: Kevin Lytle

## Tai-Chi

- Wednesday
- Time: 8:30am
- Location: Room 310
- Instructor: Hang Lei

## Woodcarving

- Thursday
- Time: 9:00am-12:00pm
- Location: Room 303
- Beginners welcome

## Woodshop

- Monday, Tuesday, Wednesday
- Time: 8:30am-3:00pm
- Location: Woodshop
- Instructor: Volunteers
- Safety test required. Given 1<sup>st</sup> Monday of each month at 9:00am
- Saturday's 9-12

## Zumba

- Tuesday & Thursday
- Time: 8:15am
- Location: Gym
- Instructor: Terri Bowling

# Fall Classes 2015 Branch Site Schedule

Classes end week of November 16 unless otherwise noted.

## Core Conditioning

- Monday, Wednesday & Friday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

## Beginning Crochet

- Tuesday
- 6 week class
- Time: 10:00am-11:00am
- Instructor: Susan Egan
- Location: Lynn View
- Cost: \$20.00; paid to instructor
- Patterns provided.
- #4 worsted weight yarn and size H hook. Limit 6, Sign up by Sept 4<sup>th</sup>.

## Intermediate Crochet

- Tuesday
- 6 week class
- Instructor: Susan Egan
- Time: 11:30am-12:30pm
- Cost: \$20.00
- Snowflake pattern, Limit 6, Sign up by Sept 4<sup>th</sup>.

## Art Class

- Tuesday
- Time: 10:00am-12:00pm
- Location: Lynn View
- Instructor: Jo Anne McDonough

## Advanced Yoga

- Tuesday & Thursday
- Time: 11:00am-11:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## Corn Hole

- Monday-Friday
- 9:00am-2:00pm
- Lynn View
- See Beverly to set up boards

## Artist and Crafters Monthly Breakfast

- 2<sup>nd</sup> Tuesday of each month
- Time: 9:30am
- Location: Lynn View
- Please call for reservation 765-9047 (Mon-Fri 9:00am-2:00pm)

## Yoga

- Tuesday & Thursday
- Time: 11:30am-12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## SilverSneakers Classic

- Monday, Wednesday & Friday
- Time: 10:00am
- Location: Lynn View
- Instructor: Chris Hicks

## Dining with Diabetes

- Monday's November 2 thru November 16, 2015
- Lynn View Cafeteria
- 12:30pm-1:30pm
- Facilitated by Jennifer Banks

## Tai-Chi: Healthy Choice for People with Arthritis

- Thursdays October 22-December 17, 2015
- 12:30pm-1:30pm
- Lynn View Cafeteria
- Facilitated by Jennifer Banks

## Total Body Workout

- Monday & Wednesday
- Time: 9:30am
- Location: VO Dobbins Gym #2
- Instructor: Terri Bowling

## Self-Defense

- Thursday, November 19, 2015
- Lynn View Cafeteria
- 12:30pm-1:30pm
- Call 765-9047 to sign up

**Blood Pressure checks will be held at Lynn View from 10:00am-12noon every 2<sup>nd</sup> Tuesday of the month**

**Heart to Heart with Christy at Lynn View on Wednesday, October 21, 2015 at 9:45am.**

## Pickleball

- Monday, Wednesday & Friday
- Time: 10:00am and 1:00pm
- Location: Lynn View

## SilverSneakers Yoga

- Wednesday
- Time: 11:00am
- Location: Colonial Heights Baptist Church
- Instructor: Darlene Taylor

## Indoor Walking

- Monday-Friday
- Time: 9:00am-Noon
- Location: Colonial Heights Baptist Church
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

## SilverSneakers Yoga

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks

## How to Pick the Right Tennis Shoes and How to Prevent Low Back Injury

- Thursday, November 12, 2015
- 10:30am-11:30am
- Lynn View
- Presentation will include: Picking the right shoe for your special walking program, Discuss the shoe design and what to look for in a shoe, Back injury prevention, Postural awareness, Discuss the appropriate lumbar exercises stretching, flexibility, trunk stabilization
- Call 765-9047 to sign up

# Kingsport Adult Education Classes



## Adult Education

### Job Skills

#### National Electrical Code Class (Commercial)

- ❖ Monday's September 28-November 16, 2015
- ❖ 6:00pm-8:00pm
- ❖ Cafeteria
- ❖ Instructor: Chris Ferrell, electrical inspector
- ❖ Cost: \$70.00 paid at sign up
- ❖ This will prepare you for the electrical code test.
- ❖ Please sign up by Sept 18 for class to go



### Cultural/Arts/Crafts

#### Self Defense

- ❖ Tuesday's- October 6-November 10, 2015
- ❖ 5:45pm-6:45pm
- ❖ Room 302
- ❖ Instructor: Police Officer Steve Hammonds
- ❖ Cost: \$30.00 for 6 week class paid to instructor first day of class.

Join us on Thursday, December 3, 2015 at the Kingsport Senior Arsitian Center Gallery, First Floor at Lynn View Community Center from 5:30PM-7:30PM.

You will enjoy delicious appetizers while you browse our beautiful handmade art. Many of our artists will be present to take custom orders.



### Health/Exercise

#### Personal Training with Chris



- ❖ Instructor: Chris Hicks
- ❖ Available by the hour or as package
- ❖ Contact Chris (423) 723-9967 for pricing

#### Pound Fit

- ❖ Wednesday, September 30-November 4.
- ❖ 5:30pm-6:30pm
- ❖ Gym
- ❖ Instructor: Darlene Taylor
- ❖ Cost: \$30.00 for 6 weeks class due 1<sup>st</sup> day of class
- ❖ Please sign up by 9.25.15

#### Tabata- High Intensity Workout

- ❖ Monday's- September 28-November 2, 2015
- ❖ 5:30pm-6:30pm
- ❖ Room 302
- ❖ Instructor: Becky Mills
- ❖ Cost: \$20.00 for 6 weeks class due 1<sup>st</sup> day of class
- ❖ Pay in senior center office

#### Piloxing

- ❖ Tuesday's/Thursday's
- ❖ 9:30am
- ❖ Colonial Heights Baptist Church
- ❖ Instructor: Terri Bowling
- ❖ Cost: \$2.00 for non members; Free to Senior Center members
- ❖ Pay for 12 classes at Senior Center office. We will give you a punch card and instructor will punch your card each class.

# Extended Travel Trips



PRESENTS A FABULOUS TRIP TO



*Located on the Beautiful Gulf Coast*

**Your 5 Day/4 Night Trip Includes:**  
**4 Nights Hotel Accommodations Including:**  
*2 Nights' at the*



*This waterfront casino resort offers something for everyone from 24-hour excitement in the spacious, luxurious casino to entertainment featuring the biggest headline acts, extravagant production shows and the hottest night-club and restaurants offering everything from exotic fine dining, ultimate comfort food or quick bite in between games. Other amenities feature world-class, indulgent treatments at the Spa and the latest must-have fashions, accessories and gifts at The Promenade Shops. Whatever your mood, palate or wallet desires, it's on the menu at the Beau Rivage!*

**4 Breakfasts and 2 Dinners Including: 1 Dinner at the Beau Rivage and 1 Dinner at the New Orleans School of Cooking** 2 Evening Receptions at your Hotel including Hot Food & Spirits

**Casino Bonus Package:**

**\$10 Free Play and 20% Voucher for the Spa**  
**Guided Tour New Orleans**

*See and experience all New Orleans has to offer. Learn about the history, food, music & jazz, culture, architecture and Katrina recovery.*

**Free Time in New Orleans French Quarter**

*The French Quarter, also known as Vieux Carré, is the oldest and most famous neighborhood in the city of New Orleans.*

Standard Taxes, Meal Gratuities and Baggage Handling

Deluxe Motor Coach Transportation

**DATE: FEBRUARY 1 – 5, 2016**

**FEE: \$549.00 (PER PERSON - DOUBLE OCCUPANCY) \$100 DEPOSIT FINAL PAYMENT DUE BY DECEMBER 11, 2015** Travel protection can be purchased at \$51.00 per person - double occupancy

**SIGN UP BEGINS: SEPTEMBER 1, 2015**

**For Information and/or Reservations, Please Contact:**  
**Shirley Buchanan @ 423-392-8403**





**Invites You on a Fabulous  
9 Days/8 Nights Hawaiian Cruise Vacation  
To Include an 8 Days/7 Nights Hawaii Cruise Aboard  
Norwegian Cruise Line's "PRIDE OF AMERICA"  
Dates: May 20 –May 28, 2016**



Freestyle Cruising is all about giving you the freedom of choice to have your style of vacation. Relax or be adventurous. Eat a burger or filet. Dress up or go casual. And never have a fixed schedule or restriction to slow you down. It's your cruise, so make sure it's exactly what you've been daydreaming about.



**Price:**  
**\$3524.00 Per Person Inside Cabin Cat ID**  
**\$3824.00 Per Person Outside Cabin Cat OK\***  
**\$4124.00 Per Person Balcony Cabin Cat BC**

**\* Outside Cabins are Partially Obstructed**

**(Prices based on Double Occupancy. Cabin Selection Based on Availability)**

**Price Includes:**

**Round-trip Airfare, Lei Flower Greeting, One Night Hotel Accommodations** in Honolulu, Transfers in Hawaii, Cruise, Cabin, Shipboard Meals, Port Charges and Taxes.

**TRAVEL PROTECTION: Cancellation Policy is Severe. Travel Protection can be purchased for \$380.00 per person for Cat IC, \$438.00 for Cat OK, & \$499.00 for Cat BC – prices are based on double occupancy.**

**Payment Schedule:**

1. **\$250.00 per person is due with names immediately, to hold your reservation.** Cabin selection will go to the earliest bookings. The cruise line reserves the right to lower our inventory or raise our prices at anytime.
2. **Final payment is due by September 5, 2016.**

Fuel surcharges by all transportation companies may be assessed.

**For Information and/or Reservations, Please Contact:**

**Shirley Buchanan @ 423-392-8403**



# Veteran's Day Celebration

Wednesday, November 11,  
2015

1:00pm-2:30pm

Cafeteria

Free

Come join us to celebrate and to recognize all of our wonderful Veteran's at the Center. We want to take this time to thank all the Veteran's who have served and continue to serve to give us the freedoms that we have today. Sign up starts October 7<sup>th</sup>.

The Kingsport Senior Center

1200 E. Center Street  
Kingsport, TN 37660

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